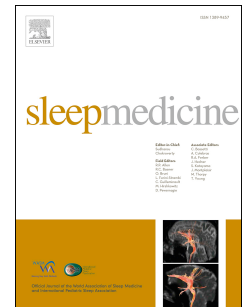


# Accepted Manuscript

The interrelationship between sleep and depression: a secondary analysis of a randomized controlled trial on mind-body-spirit intervention

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PII: S1389-9457(16)30228-3

DOI: [10.1016/j.sleep.2016.08.025](https://doi.org/10.1016/j.sleep.2016.08.025)

Reference: SLEEP 3198

To appear in: *Sleep Medicine*

Received Date: 17 June 2016

Revised Date: 18 August 2016

Accepted Date: 24 August 2016

Please cite this article as: JI X-W, Chan CH, Lau BHP, Chan JS, Chan CL, Chung K-F, The interrelationship between sleep and depression: a secondary analysis of a randomized controlled trial on mind-body-spirit intervention, *Sleep Medicine* (2016), doi: 10.1016/j.sleep.2016.08.025.

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**\*Highlights**

- A bidirectional relationship was found between poor sleep quality and depressive symptoms following an integrative mind-body-spirit intervention.
- The relationship between daytime symptoms along with nighttime sleep disturbances and depressive symptoms was especially strong.
- Spiritual re-orientation was the only significant, therapeutic mediator of mood improvement following I-BMS treatment.

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